

Monson Dolphins Meet Schedule

WINTER 2016- 2017- **updated 10/22/16**

Friday Nov 4 Home Vs Montague	5:45 PM
Friday Nov 11 No Meet this week!	Rescheduled
Friday Nov 18 No Meet this week!	BYE
Friday Dec 2 Home	5:45 PM
Saturday Dec 10 Home Vs Chicopee	7:45 AM
Saturday Dec 17 Home Vs South Hadley	7:45 AM
Saturday Jan 7 at Ludlow	11:15 AM
Friday Jan 13 at Palmer	5:45 PM

Championships date has been set for the weekend of
January 21 & 22! Watch for more info!

1. **Times above** are the times all swimmers should report to the pool **ready to swim dressed in suit with their cap and goggle.**
 2. Immediate Check-In with Coach Linda required.
 3. Swimmers should then write their event numbers on their hand. (must have own pen)
 4. Swimmers arriving 15 or more minutes late **will be** scratched from their relays unless Liz is notified of late arrival prior to the meet.
 5. Warm-ups are ½ hour with the meet beginning immediately after. Swimmers may leave when their events are completed but must check in with coach before they leave.
 6. Swimmers must sign out of a meet on the calendar in the pool office **2 weeks prior** to the meet. Unless your name is on the calendar it is assumed you will be at the meet. If you don't show to the meet you will be charged a \$5 fee.
 7. **Special requests** for events or early or late events must be done 1 week prior to meet.
 8. Swimmers are expected to swim in at least 4 meets. There is no qualifying for champs. Everyone participates in champs.
 9. Please check monthly calendar on the web for updates on time changes or cancellation of practices and meets! Facebook Monson Dolphins Page and the bulletin board will also have any important information regarding meets and practices.
 10. I use email for all team communications please make sure I have your email address and you receive info. If you don't have an email address I must know.
 11. My phone number is 413-626-4861 please call me with questions, problems or concerns.
- Thanks, Liz

UPDATED 10/22/16